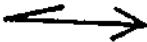
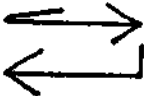




DIRECTION MEAS CT PATTERN Part 1

	1	1	hop on L ft, lifting R knee in front
		2	step on R ft
	2	1	hop on R ft, lifting L knee in front
		2	step on L ft
	3	1	leap onto R ft
		2	step on L ft
	4		repeat action of meas 3
	5-32		repeat action of meas 1-4 seven more times

Part 2

	1-4		repeat action of meas 1-2 of Part 1 two times
	5	1	step on R ft in front of L ft
		2	step on L ft
	6-8		repeat action of meas 5 three more times
	9	1	hop on L ft, lifting R knee in front
		2	step on R ft
	10	1	hop on R ft, lifting L knee in front straighten arms fwd
		2	step on L ft, swinging arms down
	11	1	step on R ft in front of L ft,
		2	swinging arms bkwd low
		2	step on L ft, swinging arms down
	12-14		repeat action of meas 9-11
	15-16		repeat action of meas 9-10

Part 3

	1	1	step on R ft in front of L ft
		2	step on L ft in place
	2	1	step on R ft sdwd in front
		2	step on L ft in place
	3	1	step on R ft in front of L ft
		2	step on L ft in place
	4	1	hop on L ft, lifting R knee in front
		2	step on R ft next to L ft
	5-8		repeat action of meas 1-4 with opp ftwk
	9	1	step on R ft in front of L ft
		2	step on L ft in place
	10	1	hop on L ft, lifting R knee in front
		2	step on R ft next to L ft
	11-12		repeat action of meas 9-10 with opp ftwk
	13-16		repeat action of meas 9-12
	17-32		repeat action of meas 1-16

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u> <u>Part 4</u>
↑	1-4		repeat action of meas 1-4 of Part 1 straight fwd tw ctr
⊙	5	1	stamp on R ft, without wt, next to L ft
		2	repeat action of ct 1
↻	6	1	hop on L ft, lifting R knee in front
		2	step on R ft slightly sdwd R
↓	7-8		repeat action of meas 5-6 with opp ftwk
	9-16		repeat action of meas 1-8 bkwd
	17-32		repeat action of meas 1-16

Repeat the entire dance one more time
from the beginning.

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Presented by Jaap Leegwater
Idyllwild F.D. Camp, 1991